

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

Weekly Bulletin



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GUY P. JONES
EDITOR

Infant Health Is An Asset to the County

By K. H. SUTHERLAND, M.D., Health Officer, Orange County.

A business that is sound economically must, of course, build for the future and can not live only from day to day. A community to be sound economically must likewise lay a firm foundation for successful accomplishment in the future. One of the most important component parts of this foundation is represented by the good health of the children of today, who will be the men of tomorrow.

A baby at birth, in addition to the inestimable value with which love and affection endows it, has a definite potential economic value. Statisticians have placed this value at about \$10,000 at birth. The total loss in prospective wealth in any community due to infant mortality can be envisioned easily.

While the United States has a fairly low infant mortality rate, it is by no means the lowest and many babies die unnecessarily before the first year. In 1928 in the United States there were 1,970,772 births, representing an increase in human capital of \$19,707,772,000, but in the first year of life 133,719 of these babies died, reducing the capital account by \$1,332,190,000.

For seven years past the whole world has recognized the challenge in these figures and governments have established departments of child welfare for the distribution of literature which emphasizes the importance of securing adequate and early prenatal care for both mother and unborn child, as well as proper post-natal care and advice in regard to the physical welfare of the young child.

Our own President Hoover who has given us his "Child's Bill of Rights" has summoned a "child aid parley" in Washington attended by three or four hundred experts gathered for a conference on child health and protection. Daily, monthly or weekly child health conferences are conducted by practically every up-to-date health department in the country where mothers may secure general advice in regard to diet, rest and proper health habits of the normal baby and child, and from which these babies may be referred to the doctor's office or public clinic when evidences of illness or remediable defects appear. From January 1 to December 1, 1929, these child health centers held by the Orange County Health Department had an attendance of 4986 babies and pre-school children.

All this effort has brought a steady yearly decline in the infant mortality rate, but the program can not be entirely successful without the support of the community in general. The infant mortality rate in Orange County in 1922 was 100 per 1000 live births. In 1928 it was 64.27; thus 171 babies lives were saved that would have been lost had the death rate of 1922 obtained. This is an estimated economical saving of \$1,710,000.

They who have a good constitution of body can bear heat and cold, and so they who have a right constitution of soul can meet anger, grief, immoderate joy, and the other passions.—*Epictetus*.

THE FUNCTION OF THE COUNTY HEALTH UNIT

Dr. William H. Ross, president of the Medical Society of the State of New York, said in a recent address:

"The organization of a county health department in its details must be adapted to the needs of the county in which it is established. No two counties are exactly alike in their requirements and a county organization will differ in the number of employees and in its divisions. It must be remembered, however, that whatever its personnel is, it must be on a full-time basis and not be endangered by the limitations of part-time service, and that its personnel in its central office must be sufficiently well paid to attract high grade individuals.

Public health is coming to be and should sooner have been just as much a business matter as any other feature of county government or of industry. If a county health department can not be established on an expectation of doing health work more efficiently and the same work for less money than now paid on the township basis, no practical argument can be advanced for it. The sole argument for better organization for public health administration is more efficiently and more economically to take care of what we know there is to do, so that by preventing the diseases that are preventable, the average age of people may be higher and their chance of having health during life increased. Not only this, but that the newer problems of public health constantly arising may be met by having an organization to meet them so as to advance constructively features of public health not now being taken care of, and to teach the public a prevention of disease program, and to provide a way for those who can not go to an individual doctor to get it. It means to find and to solve as nearly as possible the medical problems of human relationships in an economical and business way, in just as real a sense as one conducts, e.g., a building supply establishment or a farm.

Medicine has come to have more or less of a public character. The public knows a good deal more about what can be had in the prevention of disease than ever before. Officials of higher government are stimulating health and welfare organizations to great activity. There is a new social era of health consciousness and, though a little vague, there is a definite public demand for health. It is a new attitude of the public and I can not see any doubt of boards of supervisors being willing to establish the administration of county health on a county basis or organization if the matter is correctly presented to them and they are given time enough to think it out. . .

After a health department is established it must have intelligent management in order to develop in such a way as to meet the problems of its locality. Practically it may be a continuous process of adjustment, because every progressive step creates new conditions. . . .

Proper organization depends upon many factors, but among these is common sense in organizing existing health work such as existing nursing service or the dissociated school service into systems so as to get efficiency without more expense. This, of course, depends upon the administrative ability of the county health officer. The organization of a prevention of disease service and its proper distribution is a major function. . . ."

MEXICAN, NEGRO AND JAPANESE CHILDREN INCREASE

Professor Paul S. Taylor of the University of California department of economics, has just published a booklet of statistics on the number of Negro, Japanese and Mexican children between the ages of 5 and 15 years in California, showing that the number of these children is increasing more rapidly than the school population in general.

Summarizing other statistics, Professor Taylor says: "The number of Negroes in California rose from 11,045 in 1900 to 21,645 in 1910, and to 38,763 in 1920. The number of Japanese rose from 10,151, to 41,356, to 71,952 in the same period. The population of the state advanced from 1,485,053 in 1900 to 2,377,549 in 1910, and to 3,426,861 in 1920."

HEAVY INCREASE LATELY

Concerning the possibility of estimating present total populations of these peoples ahead of the nationwide census of 1930, from the number of school children found, Professor Taylor states that there are too many unknown factors which would make it difficult.

He says, however: "The writer prefers, for the reasons given, not to attempt estimates of total populations of the Mexicans, Negroes and Japanese in 1927. But it is clearly evident that in all of these cases there has been a heavy increase in numbers between 1920 and 1927, and that the groups specially considered in this study have advanced relatively faster than the general population. This appears to be true to a small extent of the Negro population, to a somewhat greater extent of the Japanese population, and to a vastly greater extent of the Mexican population."

The art of NURSING is a gift of God.

PORK, INSUFFICIENTLY COOKED, CAUSES TRICHINOSIS

Since Christmas, 25 cases of trichinosis, due to eating pork which was not thoroughly cooked, have been reported in California. The State Department of Public Health has issued a warning urging that all pork used for human consumption be cooked until it is thoroughly white with no sign of red meat. At this season of the year, when pork is used in large quantities, cases of this severe and painful disease occur with considerable frequency. Some cases occur among certain foreign-born residents who are in the habit of eating raw ham and raw sausage. The trichinosis death rate is very high among such individuals. Very often roast pork is served teeming with red juices in the center of the piece, while the surface portion is well done. Care should be taken in cooking pork sufficiently long to insure that it is thoroughly cooked throughout. A temperature of 160° F. will readily destroy the parasites that cause trichinosis.

Symptoms of the disease generally occur between the seventh and tenth day after eating the infested meat. Symptoms of trichinosis generally begin with fever, diarrhoea, and other intestinal symptoms, followed by pains in the muscles and joints. The onset of these pains is coincidental with the enlargement of the embryos of the parasites in the muscles. The ankles and eyelids become swollen. The fever may be continuous and it may last for several weeks. Public health authorities recognize that the inspection of pork meat is of no advantage in the prevention of trichinosis. The only feasible method of prevention lies in thoroughly cooking all pork products before eating them. The cases of this disease that have been reported, during the past week, have occurred in San Francisco, Alameda, Oakland and Petaluma.

EXAMINATION FOR STATE STATISTICIAN ANNOUNCED

The California State Civil Service Commission announces the following examinations to be held in Sacramento, San Francisco, and Los Angeles as soon as possible after the closing date as given, due notice of time and place of examination to be given all applicants.

Applicants must be citizens of the United States and within the age limits of 21 to 50 years.

Applications must be made on official application blanks, which may be obtained by calling in person at Room 115 State Building, San Francisco; Room 1017 Associated Realty Building, Los Angeles; or Room

319 State Capitol, Sacramento, or by writing to the last named address. Application blanks must be filled out according to the instructions specified therein and filed with the Civil Service Commission, Room 319, State Capitol, Sacramento, on or before the closing date specified for the examination.

STATISTICIAN, DEPARTMENT OF PUBLIC HEALTH

Last Day for Filing Applications, February 8, 1930

Salary. \$200 to \$250 a month.

Duties. Under general direction of the Director of the State Department of Public Health, to direct and be responsible for the work of the Bureau of Vital Statistics, which consists of the registration and preservation of records of births, deaths and marriages; to devise and distribute suitable work forms and blanks for registering and preserving such records; to prepare and issue such instructions as may be necessary to procure the uniform observance of the state laws relating to registration of births and deaths; and to maintain a perfect system of registration; to prepare statistical information for publication; and to perform related work as required.*

Requirements. Education equivalent to graduation from high school; four years of experience in statistical work, two years of which must have been in a supervisory capacity, and one year in the keeping of public health statistics; special knowledge of modern statistical methods and practice, and of machines and labor saving devices used in connection therewith; originality, resourcefulness, and supervisory ability.

* NOTE.—The training and experience outlined above must have included training in vital statistics, public health administration and epidemiology; experience in the keeping of vital statistics and morbidity records, and contact with Federal registration area work.

Employment is in Sacramento only and there is only one position to be filled.

SCOPE OF EXAMINATION

This examination will be entirely oral and will be conducted by a special board of examiners appointed by the Civil Service Commission. The rating of applicants will be based on their education, experience and fitness for the position as brought out by the oral examination and verified by references. Applicants must attain a rating of at least 70% in order to pass.

STATE CIVIL SERVICE COMMISSION,
W. A. JOHNSTONE, President.

HAPPINESS

And science dawn though late upon the earth;
Peace cheers the mind, health renovates the frame;
Disease and pleasure cease to mingle here,
Reason and passion cease to combat there,
Whilst mind unfettered o'er the earth extends
Its all-subduing energies, and wields
The sceptre of a vast dominion there.—*Shelley.*

MORBIDITY *

Diphtheria.

80 cases of diphtheria have been reported, as follows: Berkeley 3, Oakland 6, Piedmont 1, Fresno County 1, Lake County 1, Los Angeles County 7, Alhambra 1, Beverly Hills 2, Compton 1, Inglewood 1, Los Angeles 33, Marin County 1, Salinas 1, Napa 1, Orange County 1, Riverside 5, Sacramento 3, San Diego 1, San Francisco 5, Santa Barbara County 1, Santa Clara County 2, San Jose 1, Tuolumne County 1.

* From reports received on January 6th and 7th for week ending January 4th.

Scarlet Fever.

258 cases of scarlet fever have been reported, as follows: Alameda County 1, Alameda 1, Berkeley 3, Oakland 12, Chico 3, Contra Costa County 1, Fresno County 6, Fresno 1, Willows 2, Humboldt County 1, Eureka 1, Kern County 7, Bakersfield 3, Lassen County 3, Los Angeles County 8, Alhambra 2, Beverly Hills 1, Compton 1, Covina 1, Glendale 1, Hermosa 2, Long Beach 9, Los Angeles 61, Pomona 1, Santa Monica 10, Lynwood 1, Hawthorne 1, Maywood 3, Madera County 1, Corte Madera 1, San Rafael 2, Salinas 3, Orange County 5, Brea 1, Fullerton 1, Huntington Beach 1, Santa Ana 1, La Habra 1, Riverside 1, Sacramento County 1, Sacramento 5, Ontario 1, San Diego County 3, San Diego 1, San Francisco 10, San Joaquin County 3, Stockton 2, Tracy 1, San Luis Obispo County 2, Redwood City 1, Santa Barbara County 5, Santa Maria 1, Santa Clara County 3, Palo Alto 1, San Jose 1, Siskiyou County 32, Yreka 2, Petaluma 1, Stanislaus County 11, Turlock 1, Tulare County 3, Yolo County 1, Davis 1.

Measles.

178 cases of measles have been reported, as follows: Alameda County 1, Alameda 9, Berkeley 2, Livermore 1, Oakland 24, Contra Costa County 1, Kern County 4, Los Angeles County 6, Glendale 1, Long Beach 4, Los Angeles 8, Modoc County 1, Anaheim 1, Colfax 2, Lincoln 2, Sacramento 2, San Diego 2, San Francisco 84, Lodi 1, San Luis Obispo 2, Daly City 3, Palo Alto 2, San Jose 11, Benicia 1, Rio Vista 1, Yuba City 1, Marysville 1.

Smallpox.

53 cases of smallpox have been reported, as follows: El Centro 4, Huntington Park 1, Long Beach 1, Pasadena 1, Whittier 1, Torrance 1, Maywood 11, Bell 2, Salinas 2, Grass Valley 3, Roseville 4, Riverside County 1, Sacramento 2, San Francisco 1,

San Jose 2, Sierra County 3, Loyalton 2, Stanislaus County 9, Yuba City 1, Tulare County 1.

Typhoid Fever.

4 cases of typhoid fever have been reported, as follows: Colusa County 1, Sacramento 1, San Francisco 2.

Whooping Cough.

70 cases of whooping cough have been reported, as follows: Alameda 1, Oakland 5, Piedmont 3, Contra Costa County 2, Kern County 1, Lemoore 1, Los Angeles County 4, Beverly Hills 1, Glendale 3, Hermosa 4, Long Beach 9, Los Angeles 18, Orange County 2, Anaheim 2, Fullerton 1, Huntington Beach 2, Riverside 1, San Diego 4, Sierra County 6.

Meningitis (Epidemic).

12 cases of epidemic meningitis have been reported, as follows: Fresno County 1, Fresno 1, Los Angeles County 1, Los Angeles 5, Riverside County 2, San Diego 1, Stockton 1.

Poliomyelitis.

2 cases of poliomyelitis have been reported, as follows: Alameda County 1, Alhambra 1.

Encephalitis (Epidemic).

San Francisco reported 1 case of epidemic encephalitis.

Trichinosis.

8 cases of trichinosis have been reported, as follows: Oakland 1, San Francisco 6, Sonoma County 1.


Undulant Fever.


4 cases of undulant fever have been reported, as follows: Kern County 2, Glendale 1, Petaluma 1.


COMMUNICABLE DISEASE REPORTS


Disease	1929-1930				1928-1929			
	Week ending			Reports for week ending Jan. 4 received by Jan. 7	Week ending			Reports for week ending Jan. 5 received by Jan. 8
	Dec. 14	Dec. 21	Dec. 28		Dec. 15	Dec. 22	Dec. 29	
Botulism	0	1	0	0	0	0	0	0
Chickenpox	453	243	252	295	257	125	110	177
Coccidioidal Granuloma	1	1	0	0	1	4	0	1
Diphtheria	86	93	81	80	85	92	58	49
Dysentery (Amoebic)	0	3	0	0	0	0	1	0
Dysentery (Bacillary)	0	1	8	0	2	1	0	1
Encephalitis (Epidemic)	0	0	1	1	2	1	0	1
Erysipelas	20	13	17	15	12	14	11	18
Food Poisoning	0	0	0	0	0	4	0	0
German Measles	7	9	11	11	13	1	7	10
Gonococcus Infection	122	114	59	93	119	81	70	99
Influenza	87	43	41	53	7,383	3,141	1,590	1,254
Leprosy	1	0	0	0	0	1	0	1
Malaria	1	1	1	1	1	0	2	1
Measles	318	242	239	178	16	19	19	22
Meningitis (Epidemic)	22	12	18	12	18	12	14	11
Mumps	428	287	240	339	213	139	98	160
Ophthalmia Neonatorum	0	0	0	1	0	1	0	0
Paratyphoid Fever	0	2	0	0	0	0	0	1
Pellagra	0	0	3	0	0	0	0	3
Pneumonia (Lobar)	121	69	65	92	200	131	93	99
Poliomyelitis	1	1	1	2	3	3	2	1
Rabies (Animal)	13	18	9	13	5	19	51	11
Scarlet Fever	404	268	235	258	219	184	151	190
Smallpox	65	50	99	53	27	18	21	12
Syphilis	130	158	99	106	162	113	89	127
Tetanus	1	0	0	0	0	0	0	1
Trachoma	2	1	4	1	0	0	1	0
Trichinosis	0	3	20	8	0	0	0	0
Tularemia	1	0	0	0	0	0	0	0
Tuberculosis	177	176	151	158	186	217	145	186
Typhoid Fever	5	9	5	4	6	5	12	5
Undulant Fever	1	1	2	4	0	0	1	1
Whooping Cough	108	83	52	70	149	75	71	155
Totals	2,575	1,902	1,713	1,848	9,079	4,401	2,617	2,597


CALIFORNIA STATE PRINTING OFFICE


The trichinosis season is in full swing.


The wide distribution of smallpox emphasises its importance at the present time.


Epidemic meningitis is more prevalent than it was at this season of last year.


Influenza, as yet, is not unusually more prevalent.


It looks like the approach of a "measles year."

